

WE GATHER IN CELEBRATION

Prelude

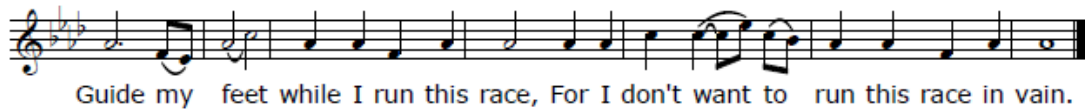
Opening Sentences

One: This is the day that our God has made!

Many: **Let us rejoice and be glad in it!**

Centering Words

Centering Song *Guide My Feet* (Traditional African American Spiritual)



Call to Worship:

One: Before we awoke this morning and chose to gather here,

Many: **God was waiting for us, to welcome us with grace.**

One: When we are unsure of what to do;
when we falter before the next step,

Many: **we come to listen to God's voice,
to learn from the One who teaches us
all we ever need to know.**

One: When we are surrounded by cruelty and injustice;
when our fears cripple our souls,

Many: **God delivers us with steadfast love;
we are set free to be God's children.**

ALL: **May our worship turn to witness as we live the Good News
we find here. AMEN.**

Opening Hymn *Bless God, O My Soul* (verses 1 & 2) Words and music on pages 4 & 5

Passing of the Peace

One: The peace of Christ is with each of you.

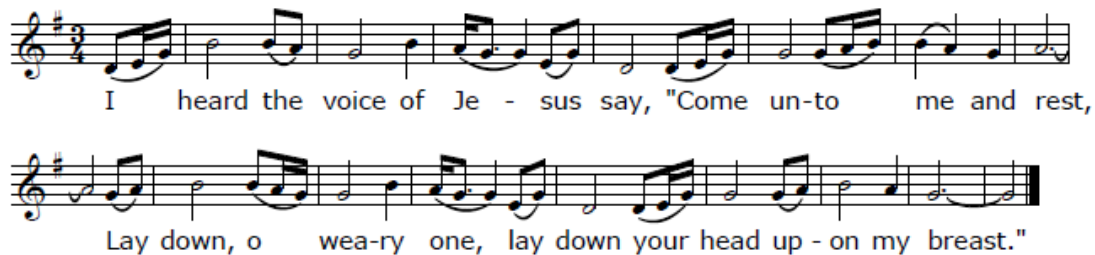
Many: **And also with you!**

Please share with one another a sign of Christ's peace.

Offertory

WE OFFER OUR PRAYERS

Sung Preparation for Prayer *I Heard the Voice of Jesus Say*
(Traditional African American Spiritual)

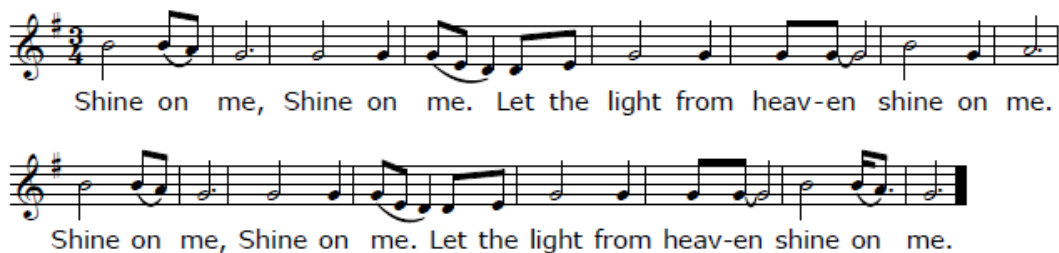
**Prayers of the People**

Response: One: God in your mercy,
Many: hear our prayers.

Lord's Prayer

ALL: Our Father who art in heaven,
hallowed be your name.
Your kin-dom come.
Your will be done, on earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For Yours is the kin-dom,
and the power, and the glory, forever. Amen.

Sung Response to Prayer *Shine on Me* (Traditional African American Spiritual)



WE LISTEN FOR GOD'S WISDOM

Scripture

Luke 13:10-17

¹⁰Now he was teaching in one of the synagogues on the sabbath. ¹¹And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. ¹²When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." ¹³When he laid his hands on her, immediately she stood up straight and began praising God. ¹⁴But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." ¹⁵But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? ¹⁶And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" ¹⁷When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

One: May God's wonder be revealed to us through the mystery of these words.

Many: **Thanks be to God!**

Sermon

"Lighten Up"

Rev. Ann Ralosky

Anthem

The Healing Place
By Joseph M. Martin

Elizabeth Honer, *soloist*

WE GO INTO THE WORLD

Announcements

Closing Hymn

Bless God, O My Soul (verses 4 & 5)

The Closing Commission

One: The spirit of God is upon us.

Many: **God has anointed us
to bear good news to the afflicted,
to bind up the broken hearted,
to proclaim freedom to the captives,
to open the prisons of those who are bound.
Let us go forth in the name of Christ to bring
peace into broken relationships, healing to
alienated persons, action to protect our planet,
and justice into oppressive structures. AMEN.**

Benediction

Postlude

SERVICE NOTES

Thank you to our volunteer worship leaders this morning.

Worship Leader: Rev. Ann Ralosky

Liturgist: Jasmin Vrbanc

Reader: Lisa Marie Bronson

Ushers: Rev. Heather Cherrey & Cindy Wills

Coffee Hour Host: Deb & Tim Duhamel

Coffee Hour Setup Team: Steve Cutaia, Tim Duhamel and Mike Harney

Music Leaders: Julie Morgan

AV Techs: Brandon Jean-Philippe and Jason Jinson

A gift was made to the food bank by Tracey Stephens and Jack Cuffari in honor of their granddaughter Marcie's 2nd birthday.

Gratitude to the Iona Community for some of our worship language

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Bless God, O My Soul

Ps. 103

Russell E. Sonafrank II, 1987; rev. 1993

Response, Unison

(1-4) Bless God, O my soul! All with - in me bless God's name!
(5) Bless God, hosts of heaven, ev - ery - one who does God's will!

The first system of musical notation is for a unison response. It features a treble and bass staff in G major (one sharp) and 2/2 time. The melody is simple and hymn-like, with lyrics provided below the notes.

*Last time, end
Cue notes, last time only*

Bless God, who was, and is, and shall ev - er be the same!
God's do - min - ion nev - er ends! Bless . . . God, O my soul!

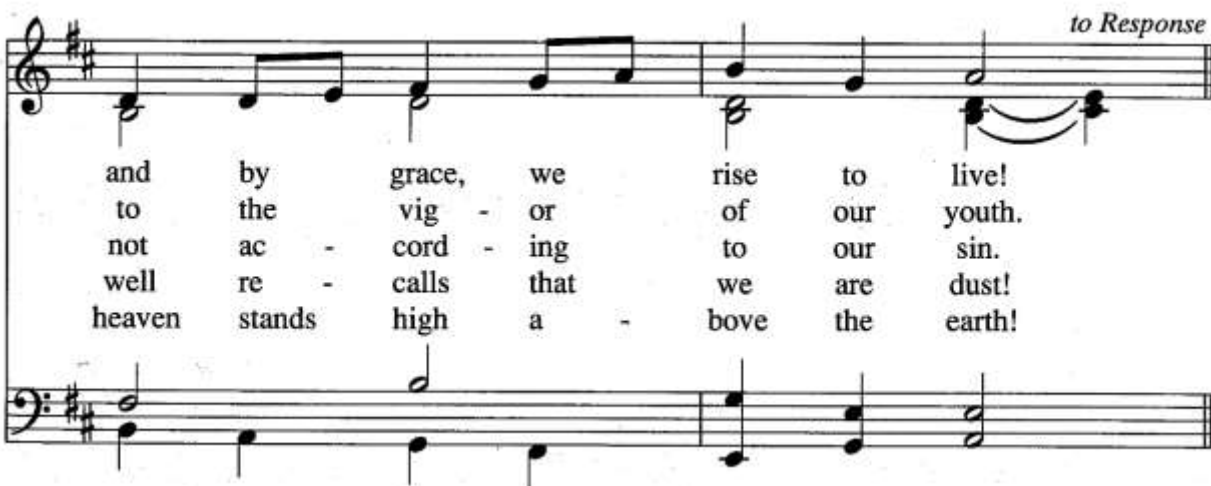
The second system of musical notation continues the melody from the first system. It includes a final cadence with a double bar line. The lyrics are provided below the notes.



1 When we suf - fer, God sends heal - ing; when we sin, our
 2 With com - pas - sion God works jus - tice when op - pres - sion
 3 God will not be al - ways chid - ing, nor for - ev - er
 4 As a par - ent's love is end - less, so God's mer - cy
 5 God re - moves all our trans - gres - sions far as east is



God for - gives; From the grave our God re - deems us,
 shac - kles truth; Like the phoen - ix, God re - stores us,
 an - gry be; God will deal with us in mer - cy,
 fol - lows us; For the One who framed our be - ing
 from the west; For the grace of God is great as



and by grace, we rise to live!
 to the vig - or of our youth.
 not ac - cord - ing to our sin.
 well re - calls that we are dust!
 heaven stands high a - bove the earth!

to Response

Upcoming Events

Summer/fall clothes for God's Giveaway Drive—through September 8th!

Please bring all items to the narthex or the Guild Room (by the hearth) on Sundays. If you need to drop off during the week please call the church before coming (973-744-4856.) We could also use help sorting and delivering—please email Dilys Burke at faithinaction@fccmontclair.org.

Mark your calendars — Welcome Back Sunday Worship and Picnic on September 14!

Women of a Certain Age conversation group returns September 5

“Women of A Certain Age” are ready to meet again. We are a group of women, roughly over the age of 65, maybe retired (whatever that looks like today), **who meet the first Friday of each month from 11am to 1pm in the FCC library.** We gather to form connections and to strengthen our bonds of friendship within the FCC community. It is a time of informal conversation about anything, and everything, and nothing.

Questions? See Rev. Heather Cherrey, or email her at revcherrey@optonline.net.

Ongoing Events

Weekly Labyrinth Walks — on hiatus until September

If you would like to walk the labyrinth, please call to church office between 9am and 5pm and check on availability.

Slow Motion Bible Study—on hiatus until September

FCC member, Rev. Victor Peterson, will lead an engaging exploration of our scriptures each Thursday evening on Zoom.

Hearts in - Hands on Meditation on the front lawn –weekly on Saturdays 9-10am

...ENDING ON AUGUST 30

Ongoing through the summer on Saturday mornings. Meditation for peace, justice and the planet. Bring an open heart and something to sit on.

Underground Church —on hiatus until September

An intimate and interactive worship experience that hearkens back to the early church.

Full Spectrum Spirituality (FSS) - LGBTQ+ Gathering -Sundays Weekly During Coffee Hour in Room 5 (Parents Room)

We will chat about life, spirituality, and whatever else comes up! If you are interested in joining this group, please text Lex at 856-332-7448.

Green Team Ministry Meeting (2nd Sundays) 12-1pm in the FCC Library

Learn about FCC's climate justice initiatives, be part of planning our events, and live your faith by taking action for the planet.

For more details check the calendar on our “Upcoming Events” page:

<https://fccmontclair.org/upcoming-events-at-fcc/>



*Scan this QR Code
with your camera or
scanning app to
quickly donate
online!*

**You can make a donation or sustaining gift online at
any time!**

There are many ways to give to FCC each Sunday. You can easily set up your sustaining gift, your Sunday Offering, or a one-time contribution.

ONLINE: Scan this QR Code or go to www.fccmontclair.org/giving.

TEXT: You can text a donation to **877-346-1045** followed by a space, and then the amount of your donation (follow the one time set up instructions.)

CHECK: If you give by check it must be made out to
“**First Congregational Church,**” (not “FCC”) and can be put in the
offertory basket, or mailed to 40 So. Fullerton Avenue, Montclair, NJ, 07042.
Thank you.

Looking to get involved at FCC?

Please contact our Volunteer Coordinator, Barbra Murtha, at
volunteercoordinator@fccmtc.com. Or text at 201-403-5764.